

## march

### GET FIT SOUTH COUNTY!

**DATE:** Saturday, March 10

**TIME:** Registration: 9:30 to 10 a.m.      Event: 10 a.m. to 2 p.m.

**LOCATION:** Lindbergh High School (5000 S. Lindbergh Blvd.)

**FEE:** Free

St. Anthony's is partnering with local businesses and organizations to bring you a comprehensive health and wellness event to help our community "get fit." We invite you to attend this free event aimed at helping you achieve your goals and begin or continue your journey to a healthier, happier life! The event will include exhibitors, demonstrations, free screenings, prizes and more. Join us for this exciting event to learn, have fun and meet others who are on the path to wellness! Light refreshments will be served and all attendees will receive a free tote bag!

FREE  
PEDOMETER  
to the first  
20 people who  
register!

### GET YOUR PLATE IN SHAPE!

**DATE:** Wednesday, March 21

**TIME:** Registration: 6 to 6:30 p.m.      Presentation: 6:30 to 8 p.m.

**LOCATION:** Hyland Education & Training Center—Great Room (on St. Anthony's campus)

**FEE:** Free

March is National Nutrition Month®. Join Elizabeth Patton, a registered dietitian, for an informative event that will teach you how to improve your diet and safely lose weight. Learn about the new USDA "My Plate" dietary guidelines and how to use them in your everyday life. Discover the truth about fad diets, why they don't work long-term and how they actually can harm you. Get your plate in shape for a healthier, happier you!

Enter to win a  
\$50 gift card to  
Trader Joe's!

## april

### WEIGHT MATTERS FOR THE WHOLE AND HEALTHY WOMAN

**DATE:** Tuesdays, April 3 to May 8

**TIME:** 5 to 7 p.m.

**LOCATION:** St. Anthony's Medical Plaza, Suite 240 (Body, Mind, Spirit Center)

**FEE:** \$140 (10 percent discount for seniors and employees)

This six-week program will help you to lose weight, improve nutrition, manage stress and increase your fitness level. Each week, you will enjoy a nutritious snack and learn an exercise including strength training, cardiovascular fitness and stretching techniques. You also will learn techniques for relaxation and stress reduction.

## did you know?

St. Anthony's offers licensed therapeutic massage therapists to help relax your body and lift your spirits! Sessions are tailored to your individual preferences and needs. For details or to set up an appointment, call **314-ANTHONY (268-4669) or 800-554-9550.**



### WHAT YOU CAN DO TO PREVENT AND REDUCE BACK PAIN

**DATE:** Wednesday, April 18

**TIME:** Registration 6 to 6:30 p.m. Presentation: 6:30 to 7:30 p.m.

**LOCATION:** Holiday Inn South County Center (located at Lindbergh & I-55)

Spring cleaning and other indoor and outdoor activities can have us working, bending and potentially injuring our spines. Come learn how to protect your spine and back muscles from injury due to lifting, twisting and other motions. Hear Maureen Blackburn, a St. Anthony's physical therapist and spine specialist, discuss different types of injuries that can occur, as well as how to prevent and treat those injuries. Refreshments will be served.

Enter to win a gardening gift basket!

## may

### NEWTRITIOUS YOU!

**Nutrition and Weight Management Program**

**DATE:** Wednesdays, May 9 to June 27

**TIME:** 6 to 7 p.m.

**EMPLOYEES AND FAMILY MEMBERS (AGES 18-PLUS):** \$90

**COMMUNITY:** \$135, 10 percent discount for seniors

**LOCATION:** St. Anthony's Medical Center Auditorium

This eight-week program, taught by dietitians, provides the latest recommendations on food, nutrition, weight management, heart health and much more! Staying motivated and making positive lifelong changes is a key component of the class. You'll receive meal plans, recipes, exercise-and-sleep guidelines and stress reduction techniques.

Registration deadline is May 4.

### AMERICAN HEART ASSOCIATION HEARTSAVER CPR

**DATE:** Monday, May 7

**TIME:** 6 to 9 p.m.

**LOCATION:** Hyland Education & Training Center, Classroom 122

**FEE:** \$40

Earn a two-year certification following completion of course and demonstration of skills for responding to adults, infants and children experiencing breathing and cardiac emergencies. (This is not the required class for EMT/Nursing healthcare professionals.)

### AARP DRIVER SAFETY PROGRAM

**DATE:** Tuesday, May 15

**TIME:** 9 a.m. to 1 p.m.

**LOCATION:** Hyland Education & Training Center, Conference Room

**FEE:** \$12 for members; \$14 for non-members

Refresher course for drivers age 50 + to help seniors drive defensively, deal with aggressive drivers and adjust to physical changes in perception and reaction time. Taught by a Certified AARP Instructor.